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HOME CANNING PEACHES THE COLD-PACK WAY

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For prettier peaches, home canners choose a cold pack--that is, packing raw fruit into jars and processing them in a boiling water bath canner.

The hot pack method--heating the peaches before filling jars and processing--is the choice of home canners who want to be economical with jar space, for the preheated fruit shrinks and packs more snugly.

In the pictures on the other side of this sheet, Mrs. Susanne Alexander of Washington, D. C., follows the directions for cold pack peaches developed in the home canning laboratories of the Bureau of Human Nutrition and Home Economics, U. S. Department of Agriculture.

Editors and writers may obtain 8 by 10 glossy prints from Press Service, Office of Information, U. S. Department of Agriculture, Washington 25, D. C.

- (1) Selecting fruit for a canner load, Mrs. Alexander sorts out peaches that are sound, firm, and table-ripe. Next step is to wash the selected fruit.
- (2) Peach skins slip easily when the fruit is dipped first in hot water, then quickly in cold.
- (3) As she peels peaches, Mrs. Alexander halves them and removes pits. To keep peeled fruit from darkening, she drops the pieces into water containing 2 tablespoons each of salt and vinegar per gallon. The fruit can stay in this solution while she prepares boiling hot liquid for her canning. This may be sweetened sirup made with peach juice or water, or it may be unsweetened peach juice, or even, if need be, plain boiling water.
- (4) After draining off the anti-darkening solution from the peaches, Mrs. Alexander fills each jar with peaches to 1/2 inch of the top.
- (5) Mrs. Alexander pours in boiling liquid to cover the fruit, leaving 1/2 inch space at the top of jar. She pushes a knife blade down the jar side to work out any air bubbles. Then, when the jar rim is wiped clean, she adjusts the jar lid and puts the jar into the canner rack.
- (6) Ready on the range, the water bath canner contains some hot, but not boiling, water. When the rack load of jars is lowered into it, Mrs. Alexander will add boiling water, if necessary, to have the water level an inch or two over the tops of jars. But she will take care not to pour boiling water directly on the jars, lest they crack. Then, the canner cover goes on, and when the water boils, the home canner starts timing, so as to process quart jars of peaches 35 minutes, pint jars 25.
- (7) When canning is done, out of the canner come the jars. Mrs. Alexander completes sealing jars that are not the self-sealing type, and sets her jars right side up to cool, on a rack (or thick cloth or paper) away from drafts.
- (8) Next day, Mrs. Alexander tilts jars to test for leaks. Pleased with her peaches, she gives Mrs. Dorothy Greene a preview before labeling jars and putting them on the shelf.

(Over)



